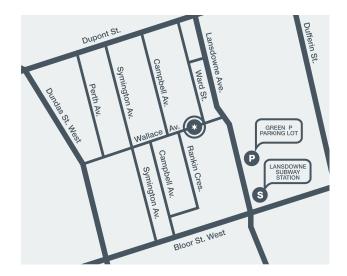


Patient Name:
Date of Birth:
Phone: PLACE LABEL HERE
Health Card Number:

Date: Reason for referral:			
OHIP Services			
Sports medicine and/or MSK Consultation			
☐ Dr. Awan ☐ Dr. Bhangu ☐ First available (soonest appointment)			
EMG/NCS with Consultation  ☐ Dr. Awan ☐ Dr. Bhangu ☐ Carpal Tunnel Clinic (includes EMG with	☐ First available consultation)		
Investigations Attached  ☐ MRI ☐ Ultrasound ☐	CT 🔲 Bone S	Scan □ X-ray	
NON-OHIP SERVICES			
□ Acupuncture       □ Manual lympl         □ ART       □ Massage the         □ Chiropody/ Foot Care       □ Mindfulness         □ Chiropractic       □ Osteopathy         □ Craniosacral       □ Pelvic health         □ Customized Injury Prevention       □ Peripartum predeferment         □ Electroacupuncture       □ Personal train         □ Golf injury prevention		hysiotherapy vic physiotherapy	<ul> <li>□ Physiotherapy</li> <li>□ Rehabilitative Pilates / yoga</li> <li>□ Running analysis</li> <li>□ Sports specific training program</li> <li>□ Sports taping</li> <li>□ Vestibular physiotherapy</li> <li>□ Yoga for athletic training</li> </ul>
PROGRAMS		PRODUCT	-S
☐ Back care ☐ Computer fit/ RSI's ☐ Foot/ ankle care ☐ Hip/ knee care		☐ Custom Orthotics☐ Custom or off-the-shelf braces	
☐ Neck/ shoulder care ☐ Pelvic health		Physician Name:	
☐ Pregnancy & post-partum conditioning		Signature:	
☐ Spinal stenosis		Provider Number:	

Synergy offers injury-specific rehabilitation programs created by our physicians and rehabilitation providers, with the goal of educating patients on how to self-manage their condition. The program format consists of group classes with a maximum of 8 people led by qualified rehabilitative Pilates and yoga instructors.



# PROGRAMS DESCRIPTIONS (ALL CLASSES LIMITED TO 8 PEOPLE UNLESS OTHERWISE STATED)

## **BACK CARE**

This 8 class program emphasizes evidence-based core stabilization exercises designed to help with lower back pain. Suitable for the person with disc issues and degenerative disc disease.

#### **NECK & SHOULDER**

This 8 class program is specific to upper body issues. Perfect for the person with neck tension, tension headaches, rotator cuff injuries, and cervical spine problems.

## **HIP & KNEE**

This 8 class program will educate patients by highlighting exercises appropriate for hip and knee conditions such as patellofemoral syndrome, IT Band syndrome, Trochanter Bursitis, Osteoarthritis of the hip and knee, and muscle imbalances associated with knee or hip injuries. Pre and post operative hip and knee patients are welcome as this class is also designed to optimize conditioning prior to surgery and facilitate post-operative rehabilitation.

## **FOOT & ANKLE**

This 8 class program is specific to foot and ankle issues. Suitable for the student recovering from ankle sprains, plantar fasciitis, achilles tendonitis, dropped foot arches, and bunions.

## **PELVIC HEALTH**

This program focuses on the nuances of pelvic floor function. The pelvic floor is strengthened in isolation, in coordination with the core musculature, in relationship to breathing, and is carried over into functional activity.

Note: Private or semi-private appointments only

# SPINAL STENOSIS

This program suitable for patients with spinal stenosis, spondylolysis/ listhesis, and facet mediated pain. The class is performed on a raised surface as opposed to floor mats, making it easier for elderly patients to participate. **Note:** Private or semi-private appointments only

# PREGNANCY & POSTPARTUM BACKCARE

This class is designed for the pregnant or postpartum woman that is dealing with lower back and pelvic pain issues. Evidence-based pelvic stability exercises are designed to address lower back pain, sacroiliac, and pelvic floor dysfunction. Modifications will be made for pregnant woman. Babies are welcome.

## **COMPUTERFIT**

This 8 class program will target common conditions seen in computer users including myofascial/ muscular neck pain, wrist and hand RSI (repetitive strain/ tendonitis), and disc-mediated low back pain. Emphasis will also be placed on learning and applying ergonomic principles and good sitting posture.